

The Best of Times

Available ONLINE at www.burbankrsvp.com and www.burbankca.gov

January/February 2014

FEATURES

Birthdays & Welcome	2
Community Events	3
Joslyn Center Programs	4-6
New BSAC Card Info	7
RSVP Service Opportunities	7
Thank You, RSVP Recognition Sponsors	8



Joslyn Adult Center

1301 W. Olive Ave.
Burbank, CA 91506
818.238.5353

Monday - Friday
8:00 a.m. - 8:00 p.m.
Saturday & Sunday
9:00 a.m. - 4:00 p.m.

Information Desk

818.238.5353

Nutrition Office

818.238.5357

RSVP Office

818.238.5370

Transportation

818.238.5360

McCambridge Park

1515 Glenoaks
818.238.5365

Don Tuttle Senior Center

1731 N. Ontario
818.238.5367

Help us beat last year's record
of 650 donated coats!

Martin Luther King Jr. Day of Service
Monday, January 13 - Friday, January 17



Burbank
Volunteer
Program

The City of Burbank's Volunteer Program will be commemorating "**Martin Luther King Jr. Day of Service**" by collecting "new," "clean," and "gently worn" coats and sweaters for our Veterans and their families.

Please drop off your kind donation at any of our
City lobby locations below:

Joslyn Adult Center - 1301 West Olive Avenue
City of Burbank - City Hall - 275 East Olive Avenue
Community Services Building - 150 North 3rd Street, 1st Floor
Police/Fire Headquarters - 200 North 3rd Street

**THANK YOU FOR MAKING THIS PROGRAM
SUCH A GREAT SUCCESS**

Strengthening Communities Through Service

RSVP provides a variety of opportunities for those 55 years and over to participate in the life of their community through significant volunteer service. Ask about volunteering at one of our 80 nonprofit organizations or public agencies at 818.238.5370 or burbankrsvp@gmail.com





JANUARY BIRTHDAYS



Kathere Avanesian
Bernard Baima
Anita Baiocco
Sue Baldaseroni
Lila Barkett
Carol Barrick
Belinda Bayne
Joan Bradstock
Diane Campbell
Olga Chapman
Sofie Christoffersen
Ronald Coyne
Joyce Davis
Syra Dondyan
Millie Engel

Veronica Fernandez
Barbara Fleischmann
Rosalyn Fox
Ann Franklin
Carolyn Goldstone
William Harrold
Beverly A. Heine
Shirley Hoffman
Donna Hovartos
Virginia Hovestreydt
Jeannine Jones
Mary Ann Koyen
Irene Lane
Sharon Leech
Jim Lloyd

Marie L. Lucero
Carmen Malvaez
Carol McLeod
Jim D. Miles
Barbara Miller
Elvan Al Moen
Dolly Monte
Bernice Mudrick
Maria Nemer
Barbara Osborn
Elaine Overturf-Rosenberg
Francis Playford
Ruth Pursell
Harriet Rempel
Stacy Schumacher

Lucille Shalhoub
Thomas Soher
Boris Stoikoff
Joanellen Stout
Pat Velasquez
Donald R. Wagner
Connie Weir
Nellie Westbrook
Bettie Yasbek
Allan Zimmerman



FEBRUARY BIRTHDAYS



Faustino Alva
Emma Avakemian
Ivona Belda
Diane Bernhardt
Steve Bucell
Barbara Buchanan
Kenneth Cressy
Dawn Crumley
Lisa De Luca
Jean De Nunzio
Ann Donnelly
Joseph J. Duarte
Janet Eggleston

Marty Fisher
Yolanda Franklin
Andrea Gutman
Lucky Hemphill
Karen Higgins
Nancy Johnson
Nancy Kanigher
Violet Lasky
Shirley Leshner
Carol Lessin
Carolyn Lessley
Helen Manning
Peter McGrath

Ricardo Monsibay
Irene Murgida
Dottie Nealon
Marion Nicholson
Denise Novak
Guy Vincent Petrone
Gail Portrey
Carole Radin
Suzanne Rector
Sandy Romero
Violette Roy
Jack E. Smith
Wannee Spangler

Sondra Struble
Gloria Teper
Tanda Tindell
Warren J. Troutman
Norma Turner
Betty Uebel
Patricia Underwood
Shari Ward
Thelma Watkins



WELCOME NEW RSVP VOLUNTEERS!



William Burch
Allan Fox
Raymond Peifer
Viola Thompson

WE LOVE
OUR VOLUNTEERS



+ = Additional fee

Community Events & Information

☑ = Sign Up

Burbank Senior Activity Card (BSAC)

Get one and save!

\$15.00 for Burbank residents and

\$20.00 for non-residents.

Still the best deal in town!

(See page 6 for more info)

Notes: ☑ = Sign-up required / + = Additional fee
(most activities are \$2.00 or free with BSAC card).

2014 Older American Volunteer Service Awards — Nomination forms (with qualifications) will be available at the **end of January**. Help us identify outstanding Burbank resident volunteers (60+) who make significant contributions to non-profit organizations. Recipients will be honored in May, "**Older Americans Month**." They are available at the **Joslyn Center Front Information Desk** or online at **Burbankwire.com**. The deadline for submission is **Wednesday, March 5, 2014**. Please call 818.238.5353 for more information.

Burbank Adult School (BAS) Classes at Joslyn

The following BAS classes are available at the Joslyn Center. BSAC cardholders receive a \$5.00 discount off each class registration. For information or to sign up, please contact the **Burbank Adult School** at **818.558.4611**. ☑+

✍ **Just Paint** - 6 weeks (\$59.00)
Tuesdays, February 11-March 18, 5:45-7:45 p.m.
Tuesdays, April 1-May 6, 5:45-7:45 p.m.

✍ **Writing Memoirs & Fiction** - 8 weeks (\$49.00)
Mondays, February 3-April 7, 5:30-7:30 p.m.

SAVE A STAMP!

Just include your return address on the envelope.
No stamps are necessary!



Drop your Burbank Water & Power or Southern California Gas Co ("The Gas Company") bill payments in our "Utility Bill Payment" box (located in the Joslyn front hallway and parking lot, and at Tuttle Center)

Interviews at Joslyn!

Joslyn Adult Center and **Burbank High School's National Honor Society** will be joining together (late January/early February at 4:00 p.m.) to host interviews for all who would like to participate.

Students will interview you about interesting life stories, personal experiences, advice, etc., as part of a fun and memorable project that will hopefully foster great relationships between generations.

After our interviews, we will meet to present the final projects to our participants and simply have a good time!

Contact Front Info Desk to sign up (sign-ups are limited).



Joslyn Lost & Found Notice

Car Keys, cell phones, photographs, jackets, water bottles and more!! The Joslyn Front Information Desk collects these turned-in items—yet there is no way for us to return them to their rightful-owners, unless you report a missing item. Starting in January, our remaining lost & found items will be displayed in the front lobby area during the last week of each month. Items not claimed will be donated to charity or thrown out.

2014 Burbank Senior Games: Applications will be available in **early March** for our **20th annual Burbank Senior Games!** Events take place **May 12-17**. Pick up a brochure at Joslyn or Tuttle Center and sign up! ☑ +

Tuttle Center

Enjoy the events and activities available at the **Tuttle Center**, located at **1731 Ontario Street, Burbank 818.238.5367**. See "**Tuttle Tales**" for more info.



Joslyn Special Events & Program

+ = Additional fee



☑ = Sign Up

Welcome to the Joslyn Adult Center

JOSLYN CENTER HOURS

MONDAY-FRIDAY, 8:00 A.M.-8:00 P.M.

SATURDAY & SUNDAY, 9:00 A.M.-4:00 P.M.

Information Desk: 818.238.5353

**Travel/Recreation Office: Open Monday-Friday
9:00-11:00 a.m. & 12:00-2:00 p.m., 818.238.5353**

For information about ongoing weekly and monthly activities, please see the respective flyers available at the **Joslyn Information Desk** or **Tuttle Center**. You can also access information online at "www.burbankwire.com" in the "Seniors 55+" section.

Notes: ☑ = Sign-up required + = Additional fee*
(*most activities are \$2.00 but free with BSAC card).

Fitness

**We have openings in the following
fitness classes—come join us!**

Fitness with Nadja: Thursdays, 2:30 p.m.—Improve your balance, flexibility, and strength with this easy-paced exercise class. Instructor will take into account any limiting factors you may have. Class fee is \$2.00 per session (free with BSAC).

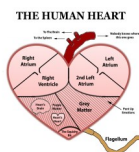


Tai Chi: Mondays, 1:00 pm & Fridays, 3:00 p.m.— Help improve your balance and blood pressure through meditation, dance, and martial arts. Class fee is \$5.00 per session (\$3.00 with BSAC).

Zumba Gold: Saturdays, 1:30 p.m.— Enjoy this low-impact, easy to follow, Latin music-inspired dance fitness class. Class fee is \$5.00 per session (\$3.00 with BSAC).

It's Fun to Go to the YMCA! The Burbank 'Y' offers a **one-time, 3-month membership for \$45.00 to BSAC cardholders!** Next session starts February 1. Take this opportunity to sign up—contact the Joslyn Recreation Office, 818.238.5353 for information **(Please do not contact the YMCA).** ☑+

Health & Information Programs



Health & Wellness: My Healthy Heart: Friday, January 10, 9:30 – 10:30 a.m.—**Michelle Abich, MPH**, discusses how the heart works, blood pressure, cholesterol, diabetes, myths about heart disease, risk factors, and steps to a healthy heart. Blood pressure will also be checked. Sponsored by **Lakeside Medical Group**. Admission is \$2.00 (free with BSAC).

Mindfulness Meditation: Monday, January 27, 1:00 p.m.—**Nita Truitner** discusses the importance of meditation for older adults in improving awareness and concentration, leading to relaxation and a calm state of mind. Nita conducts a weekly Meditation class at the Joslyn Center. Admission is \$2.00 (free with BSAC card).

Let's Move! Let's Eat!: Wednesday, February 12, 3:00 p.m.—The importance of exercise and nutrition in maintaining wellness. One of our popular fitness instructors, **Charleen Gosling** presents this 3rd in a series of **Woman's Health & Wellness** lectures. Admission is \$2.00 (free with BSAC card). ☑

Class Interest List

Call Recreation Office for info and signups, 818.238.5353.
You will be notified of the next start date.

Cane Fu: Tuesdays at 2:30 p.m., (starting in February)—**Bruce McDonald** will help you attain an increased sense of confidence, fitness, and increased self-defense skill. At the conclusion of this course, you will be able to demonstrate effective techniques to ward off and discourage attackers including: blocks, strikes, joint locks, and defensive patterns against an attacker's punches, kicks, and grabs. The 6-week course fee is \$10.00 (free with BSAC). ☑+

Coloring Outside the Lines: An Art Class for Older Adults and Caregivers at any level with **Samara Katten**. Create projects and crafts inspired by influential artists. Learn techniques easy enough to do at home. Come every week to build your skills. All materials provided! Afternoon time TBD. ☑



Digital Camera Class: Paul Currier instructs you on basic composition, ways to be artistic, when to use a wide angle, telephoto settings, flashes, and more! Bring your own camera with instruction book. The **5-week** course fee is \$20.00 (\$10.00 with BSAC card). ☑+

+ = Additional fee

Joslyn Special Events & Programs

☑ = Sign Up

Music Programs



New Year's Party! Monday, January 6, 4:00-7:00 p.m.—Enjoy this year's "Sock Hop" featuring dinner and dancing to the sounds of the fabulous fifties. Sponsored by Doctors Angela Adelman, Beatris Ther Hacopian, Martin Smietanka, and Ronald Wing of the Healthcare Partners Medical Group. For 2014 BSAC cardholders and the aforementioned doctors' patients only. **RSVP required by Thursday, January 3.** ☑

Opera Group: Tuesday, January 28, 2:30 p.m.—Join us as Larry Verdugo of the LA Opera Speakers Bureau discusses "Billy Budd." Admission is \$2.00 (free for BSAC cardholders).

Larry Gillespie and the "Burbank Big Band" rehearsals return to the Joslyn Center on Monday, January 13 and February 10 at 1:00 p.m. The Band features 2 hours of Big Band and Jazz numbers. Admission is \$2.00 (free for BSAC cardholders).

Recreation Programs

Mah Jongg Class: Tuesday, January 14, 12:30-3:00 p.m.—Eight-week course costs \$20.00 (\$10.00 with BSAC). **Limited enrollment.** ☑+

Basic Bridge II Class: Thursday, January 23, 9:00 a.m.—A continuation of the "Basic Bridge Class. This is also a 16-week class. Cost is \$30 (\$20 with BSAC) plus \$10 for a 2014 Bridge book. **Limited enrollment.** ☑+

Spanish Language Group: Starting Monday, February 3, 1:30 p.m.—Learn conversational Spanish in this 10-week mentoring program. The lessons will focus on everyday words and phrases. Facilitated by **RSVP Volunteer Ken Truitner.** Course fee is \$20 (free with BSAC) ☑

Special Programs

Memory Training Course: Tuesdays, January 21 9:45 a.m.—Develop good memory habits and techniques with this 4-week, interactive course, which includes handouts, quizzes. Presented by trained instructor, **Jean Rouda.** **Note: not designed for those with Alzheimer's or dementia.** The course fee is \$30 (\$20 with BSAC card). **Enrollment is limited.** ☑+



"Love Soup": Wednesday, February 5 at 12:30 p.m. — John Feeney talks about how to measure the qualities of your relationships through respect, compassion, humor, trust, and intimacy. Admission is \$2.00 (free with BSAC).

Travel



Joslyn Day Trips: Sign up for one or more of the upcoming day trips today! Trips are for those 55+ and leave from the Joslyn Adult Center. Pick up a brochure or call the Travel Office **818.238.5353** for more information. **Note:** \$2.00 off with BSAC. ☑+

Upcoming Day Trips:

- ☛ **Three Churches Tour - Los Angeles**
Wednesday, January 22, 8:30 a.m.-6:30 p.m. - \$74.00
- ☛ **Aquarium of the Pacific - Long Beach**
Tuesday, February 11, 8:45 a.m.-5:00 p.m. - \$54.00
- ☛ **Remembering the "Red Car" - San Pedro**
Friday, February 21, 10:30 a.m.-6:30 p.m. - \$65.00
- ☛ **Chumash Casino / Solvang**
Wednesday, March 19, 9:00 a.m.-6:30 p.m. - \$38.00
- ☛ **Palm Springs Follies**
Tuesday, April 15, 9:00 a.m.-9:00 p.m.- \$TBD



"Transit Trailblazers" Trip Schedule —Sign up on our waiting list to become a member of Transit Trailblazers, Metro's On the Move Riders Club and learn how to navigate the METRO bus and rail system and join the fun in upcoming monthly trips in 2014:

- ⇒ January 15..... Downtown LA Library
- ⇒ February 19 Chinatown
- ⇒ March 12 Magnolia Park

To sign-up, go to: TransitTrailblazers@gmail.com or the Joslyn Center. Sign-up forms are available at the Joslyn Recreation Office, 818.238.5353.

Resolution #1

Getting in shape is everyone's number one New Year's resolution. This year, make it happen and make it a habit! Here's several ways to get started.

Note: Class fees are per session. Get \$2.00 off with 2014 BSAC card. Joslyn & Tuttle classes are drop-in.

Joslyn Adult Center

1301 W. Olive Avenue, Burbank (818) 238-5367

- Monday:** Intermediate Fitness: 8:30 a.m.- \$2.00
T'ai Chi: 1:00 p.m.- \$5.00
- Tuesday:** Resistance Training 8:15 a.m.- \$3.00
- Wednesday:** Beginner Level Fitness 8:30 a.m.- \$2.00
- Friday:** Chair Exercise: 8:30 a.m.- \$2.00
T'ai Chi: 3:00 p.m.- \$5.00
- Saturday:** Balance Class: 10:00 a.m. - \$3.00
Zumba Gold: 1:30 p.m.- \$5.00
Fitness for Life: 2:30 p.m.- \$4.00

Tuttle Center

1731 North Ontario, Burbank (818) 238-5367

- Tue & Fri:** Morning Workout - 9:30 a.m.- \$2.00

Ovrom Center

601 South San Fernando, Burbank

- Wednesday:** Arthritis Exercise Class - 11:30 a.m.
Ten sessions - Call Joslyn Center to sign up - \$20.00 (free with BSAC card)

RSVP Volunteer Timesheet Update. . .

When submitting your monthly timesheets for yourself or your group (station), please mail or hand-deliver your timesheets to the staff supervisor of your program at the end of each month. Supervisors need to sign off and also record your hours starting January 2014.

Our RSVP Volunteers are the heart and soul of our program areas! We couldn't do what we do **WITHOUT YOU!!!**

In appreciation,

Gayle Migden

Computer/Technology Classes

(A Burbank Library card with internet access is required to use our Cyber Café computers)



Call 818.238.5353 for information or to sign up for next start date.

Accessing the Internet: Saturday, January 11, 12:00 noon—A 1½-hour presentation for students with laptops, iPads or Smartphones. Instructor will provide individual instruction for each type of device. Class fee is \$5.00 (\$2.00 with BSAC). ☑+

Introduction to Facebook: Saturday, January 18 & 25, 9:30 a.m.—Learn how to create and manage your own Facebook page in this **2-week** training class, including: how to sign up, add friends; set privacy settings; status updates, upload pictures, Facebook etiquette, and more. **Note:** must have PC experience and an email address. Class fee is \$20.00 (\$10.00 with BSAC). ☑+

Basic Computer Class: Tuesdays, 9:30 a.m.—Learn the basics in this 4-week class. To sign up, you must complete an Assessment in the Computer Lab on any **Monday, 9:30-11:00 a.m.** Course fee is \$20.00 (\$10.00 with BSAC). ☑+

iPad Class: Thursdays, 9:30 a.m.—Learn IPAD basics in this 4-week class. To sign up, you must complete an Assessment in the Computer Lab on any **Thursday, 9:30-11:00 a.m.** Class fee is \$20.00 (\$10.00 with BSAC). ☑+

One-on-One Computer Training: Tuesdays & Thursdays, 12:30 - 2:30 p.m.—Session fee is \$5.00 (\$2.00 with current BSAC card). ☑+

Gadget Workshop: Got a new gadget (phone, Ipad, digital camera, etc.) you need help operating or programming? Call for an appointment. Fee is \$5.00 (\$2.00 with BSAC). ☑+

More to Come! New technology classes will be added, based on your interests and availability of volunteer instructors. Please check the Cyber Café for new classes and pass on any suggestions you have to Diana Felix at the front Information Desk or email her at dfelix@burbankca.gov.

Service Opportunities

City of Burbank's Library is recruiting volunteers* to coordinate and lead computer classes for adults.



Volunteers will introduce participants to:

- Computer Basics
- Microsoft Office
- Web Searching
- E-mail Accounts



For more information on this service opportunity please contact Volunteer Director Dee Call at 818.238.5370 or

Burbank
Volunteer
Program

dcall@burbankca.gov

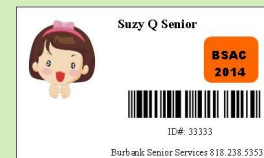


* training class and a 6 month commitment are required



The New BSAC Card:

**New Look, New Sign-ups,
New Discounts!**



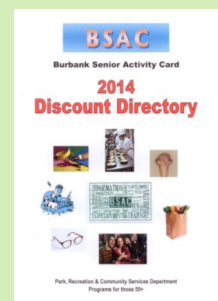
The **Joslyn and Tuttle Centers** are now using the new **Park, Recreation and Community Services "E-Trak Plus" system** for our **2014 Burbank Senior Activity Cards**.

The **2014 BSAC cards** are now **\$15 for Burbank residents** and **\$20 for non-residents**. Individuals who do not wish to purchase a **"BSAC card"** will be enrolled and receive an **Activity Card ("AC")** instead. These AC cards are free, however, you will be required to pay full price of each program or class.

At this time, our new E-Trak Plus system requires all participants to be **re-registered and photographed** at the Information Desk when renewing their cards. As with our previous cards, they are renewed each calendar year. With the new BSAC card you can:

- ◇ Register online for all Park, Recreation and Community Services classes and more.
- ◇ Receive a **2014 BSAC Discount Directory**.
- ◇ Use your **credit card** to purchase a card, or sign up for a class or day trip!

There's more to come. . .



A Special Thank You to Our Generous Volunteer Recognition Luncheon Sponsors

R

ROCK STAR SPONSOR ~ \$1,000

Belmont Village
Burbank Senior Apartments
Facey Medical Group
HealthCare Partners
Motion Picture and Television Fund

S

VIP SPONSOR ~ \$500

V

City of Burbank - Fire Department
Comfort Keepers
Joslyn House Committee
Supporters of Senior Services

P

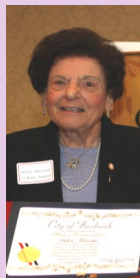
PATRON SPONSOR ~ \$250

Burbank Bob Hope Airport
City of Burbank - Public Works
Evergreen Retirement Residence
Valley Porcelain Artists



20 Year Award Recipients

Judy Pike, Terry Campbell, Lee Merlo, Peter Merlo,
Phyl Fletcher, Eleanor Mackey, Patricia Fryman,
Jim Fryman, Peter McGrath, and Dee Call.



25 Year Award

Helen Marotta



President's Call to Service Award-4000+ Hours

Dee Call, Mary Ramsey, Sharon Darbo,
Jacqueline Campbell, Betty Santoro,
Marion Mandeson, and Judy Pike.



In 2013, RSVP Volunteers served
over 147,000 hours.



City Representatives

Judie Wilke, Jess Talamantes, Judy
Pike, Dr. David Gordon, Gary Bric,
Emily Gabel-Luddy, Mark Scott, Zizette
Mullins, and Justin Hess.



Over 400 RSVP Volunteers attended
this year's Recognition Luncheon!